

FIT in the parks!



Green Bay Parks & Rec are the perfect “FIT” for you and your family with these FREE classes for all levels!

MONDAYS

Class	Location	Time	Dates	# of Weeks
Centergy	Whitney Park	5:30pm	July 13 - Aug. 31	8
Aqua Fitness	Colburn Pool	6:15pm	July 13 - Aug. 17	6
Family Games!	Marquette Park	6:15pm	Aug. 10 - Aug. 31	4

TUESDAYS

Class	Location	Time	Dates	# of Weeks
Yoga on the Deck by Jenstar	CityDeck	6:30pm	July 14 - Sept. 1	8
Intro to Crossfit	Fritsch	5:45pm	July 14 - Aug. 18	6
Pedretti SUP Yoga *must pre-register	Colburn Pool	6:00pm	July 14 - Aug. 18	6

WEDNESDAYS

Class	Location	Time	Dates	# of Weeks
Cardio Kickboxing	Astor Park	5:30pm	July 15 - Sept. 2	8
Tai Chi	St. James Park	6:00pm	July 15 - Aug. 19	6

THURSDAYS

Class	Location	Time	Dates	# of Weeks
Boot Camp/Circuit	Triangle Hill	5:30pm	July 16 - Sept. 3	8
Self Defense	CityDeck	6:00pm	July 16 - Aug. 6	4
Self Defense	Red Smith Park	6:00pm	Aug. 13 - Sept. 3	4
Yoga for Everybody	Fisk Park	6:15pm	July 16 - July 30	3
Yoga for Everybody	Mather Heights Parks	6:15pm	Aug. 13 - Sept. 3	4



A health and wellness initiative brought to you by the **Green Bay Parks & Rec Department** with a special thanks to their sponsors. Visit <http://greenbaywi.gov/parks> for more information or call 920-448-3365

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